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La Tartine Gourmande: Recipes for an Inspired Life

Beatrice Peltre

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What could be sweeter than a life with friendship and food at its center? For Béatrice Peltre, author of the award-winning blog LaTartineGourmande.com, to cook is to delight in the best of what life has to offer—the people and places we love. Welcome to a world where flavors are collected as souvenirs and shared as heirlooms, and where the dishes we create are expressions of our *joie de vivre*.

With nearly 100 recipes and charming anecdotes, *La Tartine Gourmande* takes you on a journey, not only through the meals of the day but around the world, as Béa revisits her inspiration for each dish. Though her style is largely inspired by her native France, you'll find a wide array of influences as she brings creative twists to classic recipes—all while remaining effortlessly healthful and balanced. The gluten-free recipes use whole grains like quinoa, millet, buckwheat, and nut flours, lending surprising depth of flavor and nutrients, even to desserts. You'll taste the best of her adventures abroad from Denmark to New Zealand, her childhood in the French countryside, and the simple wholesomeness of her charmed life at home in Boston.

Your mouth will water as Béa recalls the *oeufs en cocotte* ("baked eggs") that she ate as a child after collecting fresh eggs from her grandmother's hen house. Her recipe for this classic dish now includes leeks, spinach, smoked salmon, and cumin. Or try the buttermilk, lemon, and poppyseed pancakes she made every morning in Crete when she was pregnant—they're now her little daughter Lulu's favorite. Warm up with a bowl of celeriac, white sweet potato, and apple soup, a dish inspired by a chilly day of horseback riding in New Zealand. You'll love sharing the saffron-flavored crab and watercress soufflé, a delicious homage to one of her mother's best-loved Christmas traditions. And since most would agree that "a meal without dessert is like wearing only one shoe," try the apple, rhubarb, and strawberry nutty crumble, served with vanilla-flavored custard, just the way her husband's Irish grandfather preferred.

Lush styling and photography combined with sweet stories, foodie tidbits, and fresh and original recipes make *La Tartine Gourmande* perfect for those who love food and the way our lives play around it. This is not just a book about cooking, but a warm invitation to share in the beauty and simple pleasures of a life with food at the heart of it.

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